

ABSTRACT OF THE DISCLOSURE

5 An exercise machine which includes a base upon which a user stands
alongside an upwardly extending support. A handle, mounted to a lever
rotatably fixed to the support, extends over the base so that the user can grip
the handle with both hands and rotate the handle along a circular loop,
alternately bending at the knees and then moving to an upright position, with
arms extended, against a variable resistance force which is generated by a
10 flywheel connected via a drive mechanism to the lever.